



Fit 5

6-Week Breakdown

Thank you so much for being willing to incorporate Fit 5 into your practices this season or your day to day life! We really hope this can be a helpful reference/structure to direct Special Olympics Colorado athletes toward living healthier lives! Fit 5 is a plan for physical activity, nutrition, and hydration. It's designed to help athletes improve their health and fitness by giving them a structure to help live a healthier lifestyle! We've broken down the booklet into a 6-week program to last through your sports season or as a good way to kick start this new lifestyle. A complete skeleton of the program is below, along with corresponding page numbers within the Fit 5 booklet for pictures and further detail of each topic. We suggest taking a few minutes at the end of practice or each day to go over the topics covered each week, or you can incorporate example exercises into practice if it fits for you!

Weeks 1 and 2 cover exercise, weeks 3 and 4 cover nutrition, and weeks 5 and 6 covers hydration

Week 1 → Endurance and Strength

6 examples of endurance and strength exercises that athletes can practice at home.

(You can also add in more exercises for these two weeks from the flip booklet provided to you or the exercise videos available online.)

-3 Endurance exercises (pages 5-7)

- Jumping Jacks
- Quick Punches
- March in place and swing your arms

-3 Strength exercises (pages 9-11):

- Straight leg raises (standing, using chair for balance, legs to front and to side)
- Push-up's on wall
- Curl-up's (sit up where hands reach up leg toward knees)



Week 2 → Flexibility and Balance

6 examples of flexibility and balance exercises that athletes can practice at home

-3 stretches to help Flexibility (page 13)

- Calf stretch against wall (staggered feet, one foot in front of other, think lunge position, lean toward wall while keeping hips forward)
- Child's Pose (low back / shoulder stretch, face down on ground)
- Knee to chest (face up on ground, hug one knee to chest at a time)

-3 Balance exercises (pages 15-17)

- Single Leg Stance (stand tall on one leg, arms out to side for balance)
- Leg Swings (slowly, build up speed as get more comfortable. Swing front to back to front)
- Walking on a line (practice on the lines of your court or field!)

Week 3 → Building a Healthy Plate and Portion Sizes

- Building a healthy plate (photo on page 21)
 - Go over the different sections and what foods fall into each section
- Making half of the plate fruits or veggies (examples on 21, photo on 22)
- Portion examples on page 23
- Emphasize more fruits/veggies, less junk food

Week 4 → Healthy Meals and Snacks

- Examples of healthy meals/snacks, how to incorporate healthier ingredients into meals to make them more nutritious on page 24/25
- Example timeline of meals throughout the day. Emphasis on eating smaller amounts throughout the day, rather than large amounts on few occasions (pg. 26)
- *Additional information can be found on the "Fueling for Competition" Handout (if running in practice with athletes – provide the athletes with a copy of the handout)*



Week 5 → Hydration and Beverages (pg, 27-30)

- Drink more water! Aiming for 5 bottles per day!
- Soda, energy drinks, and drinks with caffeine are not good beverage choices for becoming better athletes.
- Water is the best and healthiest option when it comes to beverages!
- Timeline of when to drink and how much water to drink to get closer to reaching goal of 5 water bottles per day

Week 6 → Hydration Portion of “Fueling for Competition” Handout

- Timing of hydration before, during and after competition
- When to drink sports drinks

Additional external resources covering these topics are listed on page 33 of the Fit 5 Booklet

Please feel free to reach out if you have any questions or comments about this program.

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